

GOOD MORNING!

BREAKFAST MENU



CONTINENTAL BUFFET

Baked selection

Freshly baked pastries, breads and homemade banana bread (2 Wheat, 4, 7, 10, 11, 14) (VG)*

Natural yogurt (7)

Granola (2 Wheat, oat, 7, 10, 11)

Selection of breakfast cereals

(2 Wheat, 7, 10, 11) (GF)* (VG)*

Selection of preserves

Seville orange marmalade, strawberry jam, acacia honey, Belgium hazelnut chocolate spread (7, 10, 11)

CHILLED AREA

Almond (10, 11), **oat** (2 Wheat, oat), **soya** (10, 11) & **light milk** (7)

Berry compote (14)

Fruit smoothies (7, 14)

Overnight oats (2 Wheat oat, 10, 11)

Selection of cheese (7) and **cold meats** (14)

Fresh fruit salad, stewed prunes, apricots and grapefruit segments (14)

JUICES, WATER, TEA & COFFEE

Juices

Selection of fruit juices (14)

Still & sparkling filtered water

Coffee

Franke's specialty coffee machine with Bewley's academy blend coffee beans (7)

Tea or coffee pots

Pots of Bewley's tea or filter coffee delivered to your table (7)

HOT BUFFET

Traditional Irish breakfast

Rashers of bacon

Sausage (2 Wheat) (available to order (GF)* (VG)*)

Black and white pudding (2 Wheat, oat, barley)

Scrambled eggs (4, 7)

Fried eggs & boiled eggs (4)

Grilled tomatoes

Hash brown (2 Wheat, 4)

Baked beans

SPECIAL ORDER ITEMS

Available on request from kitchen:

Poached eggs

(4)

Porridge with oat milk

(2 Wheat, oat, 10, 11)

Fried mushrooms

Savory omelette

Choice of fillings: ham, cheese, onion, tomato, mushrooms (4, 7)

Pancakes with maple syrup (2 Wheat, 4, 10, 11)

Grilled kippers with garnish salad (5)

Vegan breakfast (14)

Vegetarian breakfast (2 Wheat, 4, 7, 14)

Gluten free breakfast (4, 7, 14)

GLUTEN FREE OPTIONS

Selection of gluten free cereals, porridge, muffins, scones and bread (4, 7, 14)

Allergens:

1 Celery, 2 Cereals containing gluten, 3 Crustaceans, 4 Egg, 5 Fish, 6 Lupin, 7 Dairy, 8 Molluscs, 9 Mustard, 10 Tree nuts, 11 Peanuts, 12 Sesame seeds, 13 Soya, 14 Sulphites

(GF) Gluten free alternative (VG) Vegan alternative

